

London City Runner Metropolitan League Race Five at St Albans (hosted by Herts Phoenix) - Saturday 9 February 2008

Under 13 Boys Results

1	B	Chapman	SMR	U13	11. 26
2	D	McGuigan	ESM	U13	11. 36
3	J	Stockings	WG&EL	U13	11. 39
4	D	Pinder	ESM	U13	11. 45
5	A	Haynes	ESM	U13	11. 52
6	L	Cloona	Herts P	U13	11. 57
7	T	Saunders	Hill	U13	11. 59
8	O	Garner	SMR	U13	12. 08
9	S	Trengoue	SMR	U13	12. 11
10	F	McGuigan	ESM	U13	12. 12
11	E	O'Brien	SMR	U13	12. 13
12	S	Crosbie	Hill	U13	12. 17
13	J	Hannington	ESM	U13	12. 27
14	D	Barcroft	Herts P	U13	12. 46
15	J	Hailstone	Hill	U13	12. 50
16	T	Fogarty	ESM	U13	12. 55
17	B	Culverwell	SMR	U13	12. 56
18	L	Harley	Herts P	U13	13. 06
19	K	Kenrick	TVH	U13	13. 09
20	R	Mudd	SB	U13	13. 23
21	N	Doyle	Herts P	U13	13. 28
22	A	Rousso	NEB	U13	13. 36
23	C	Searles	TVH	U13	13. 52
24	L	Penney	SMR	U13	13. 54
25	L	Scott	NEB	U13	14. 28
26	D	Speight	Hill	U13	14. 41
27	N	Toumi	TVH	U13	15. 01
28	J	Mason	NEB	U13	16. 10

Under 13 Boys Team Result

1	Ealing, Southall & Middlesex	95
2	St Mary's Richmond	87
3	Herts Phoenix	57
4	Hillingdon	56
5	Ealing, Southall & Middlesex 'B'	29
6	Woodford Green with Essex Ladies	26
7	Thames Valley Harriers	18
8	St Mary's Richmond 'B'	17
9	Newham & Essex Beagles	12
10	Shaftesbury Barnet Harriers	9

Under 13 Boys League Positions

1	St Mary's Richmond	549
2	Ealing, Southall & Middlesex	545
3	Hillingdon	477
4	Shaftesbury Barnet Harriers	294
5	St Mary's Richmond 'B'	242
6	Herts Phoenix	210
7	Woodford Green with Essex Ladies	204
8	Thames Valley Harriers	180
9	Ealing, Southall & Middlesex 'B'	134
10	Hillingdon 'B'	92
11	Shaftesbury Barnet Harriers 'B'	53
12	Newham & Essex Beagles	21
13	Highgate Harriers	13
14	Thames Valley Harriers 'B'	8
15	Victoria Park & Tower Hamlets	2

Under 13 Girls Results

1	E	Lloyd	Herts P	U13	12. 31
2	C	Kerr	E&H	U13	12. 34
3	E	Bird	Herts P	U13	13. 12
4	H	Gibbons	Hill	U13	13. 33
5	K	Fray	E&H	U13	13. 35
6	L	Coffey	Herts P	U13	13. 40
7	H	Bedeau	WG&EL	U13	13. 43
8	K	Baily	ESM	U13	13. 47
9	M	Blackie	Hill	U13	14. 06
10	L	Parry	Herts P	U13	14. 13
11	R	Miles	Hill	U13	14. 31
12	N	Harding	SMR	U13	14. 31
13	E	King	ESM	U13	14. 33
14	E	Redmond	ESM	U13	14. 40
15	C	Cowper	Hill	U13	14. 46
16	Not	Declared	Roys Cr	U13	14. 55
17	K	Eastmond	ESM	U13	14. 58
18	E	Burwood	E&H	U13	15. 01
19	P	Walker	VPH&TH	U13	15. 01
20	A	Jowett	VPH&TH	U13	15. 07
21	H	Nolan	Herts P	U13	15. 21
22	M	Johnson	ESM	U13	15. 32
23	S	Smith	WG&EL	U13	15. 42
24	J	Jury	Hill	U13	15. 48
25	B	O'Donnell	Hill	U13	16. 18
26	A	Lee	Hill	U13	17. 09
27	Z	Watts	Hill	U13	17. 50
28	A	Gould	ESM	U13	18. 11
29	C	Gould	ESM	U13	23. 01

Under 13 Girls Team Result

1	Herts Phoenix	100
2	Hillingdon	81
3	Ealing, Southall & Middlesex	68
4	Enfield & Haringey	65
5	Woodford Green with Essex Ladies	30
6	Victoria Park & Tower Hamlets	21
7	Hillingdon 'B'	18
8	St Mary's Richmond	18
9	Royston Crows	14
10	Ealing, Southall & Middlesex 'B'	11
11	Herts Phoenix 'B'	9

Under 13 Girls League Positions

1	Hillingdon	417
2	Herts Phoenix	401
3	Ealing, Southall & Middlesex	356
4	Woodford Green with Essex Ladies	313
5	Enfield & Haringey	296
6	Thames Valley Harriers	287
7	Royston Crows	264
8	St Mary's Richmond	233
9	Hillingdon 'B'	115
10	Ealing, Southall & Middlesex 'B'	73
11	Victoria Park & Tower Hamlets	41
12	Woodford Green with Essex Ladies 'B'	39
13	Newham & Essex Beagles	33
14	Thames Valley Harriers 'B'	13
15	Herts Phoenix 'B'	9
16	Metropolitan Police AA	5
17	Garden City Runners	3

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Under 17 Men's Results

1	T	Grant	Hill	U15	13. 34
2	C	Yates	Hill	U15	13. 41
3	T	Gough	Herts P	U17	13. 41
4	R	Meadows	WG&EL	U17	13. 45
5	R	Thompson	Hill	U17	13. 48
6	E	Shepherd	Herts P	U15	13. 51
7	L	Nicholas	ESM	U17	13. 58
8	B	Phillips	WG&EL	U15	13. 59
9	T	Barfoot	Herts P	U15	14. 02
10	A	Veitch	Herts P	U17	14. 05
11	T	Nunn	SMR	U15	14. 06
12	S	Coombes	Hill	U17	14. 08
13	V	Zaver	Herts P	U15	14. 10
14	A	Walshe	Herts P	U15	14. 10
15	M	Fayers	Hill	U15	14. 12
16	A	Peters	E&H	U15	14. 13
17	W	Laing	High	U17	14. 19
18	S	Ashcroft	ESM	U17	14. 27
19	M	Cameron	ESM	U15	14. 28
20	H	Birrell	High	U17	14. 30
21	L	Walshe	Herts P	U17	14. 32
22	M	Speight	Hill	U15	14. 39
23	G	Laing	High	U15	14. 41
24	C	Hepworth	ESM	U17	14. 42
25	J	Killip	SMR	U15	14. 44
26	J	Moran	SMR	U15	14. 45
27	R	Parker	Herts P	U17	14. 46
28	T	Hone	Roys Cr	U17	14. 49
29	R	Wagstaff *	E&H	U15	14. 56
30	T	Bower	NEB	U15	15. 00
31	D	Wilson	Herts P	U15	15. 02
32	G	Barclay	Hill	U15	15. 04
33	A	Shaw	ESM	U17	15. 07
34	T	Drury	Hill	U15	15. 15
35	J	Carton	Hill	U15	15. 18
36	J	Waterman	Herts P	U15	15. 22
37	B	Goater	SMR	U15	15. 29
38	B	Zaheer	ESM	U17	15. 38
39	D	Kail	NEB	U15	15. 42
40	G	MacKenzie-Lowe	E&H	U15	15. 44
41	L	Murphy	WG&EL	U15	16. 12
42	G	Nisbet	H&H	U17	16. 20
43	L	Pierre-Inkson	Hill	U15	16. 29
44	J	Watts	NEB	U15	16. 36
45	W	Pinder	ESM	U15	16. 47
46	M	Shelley	ESM	U17	16. 50
47	R	Faulkner	Herts P	U15	17. 58
48	P	Allen	Roys Cr	U15	18. 58
49	R	Issitt	NEB	U15	24. 43

Under 17 Men's Team Result

1	Hillingdon	180
2	Herts Phoenix	172
3	Ealing, Southall & Middlesex	132
4	Herts Phoenix 'B'	125
5	St Mary's Richmond	101
6	Hillingdon 'B'	97
7	Woodford Green with Essex Ladies	97
8	Highgate Harriers	90
9	Enfield & Haringey	65
10	Ealing, Southall & Middlesex 'B'	38
11	Newham & Essex Beagles	38
12	Royston Crows	24
13	Hayes & Harlington	8

Under 17 Men's League Positions

1	Hillingdon	1002
2	Herts Phoenix	915
3	Ealing, Southall & Middlesex	832
4	Hillingdon 'B'	604
5	St Mary's Richmond	562
6	Woodford Green with Essex Ladies	545
7	Highgate Harriers	453
8	Herts Phoenix 'B'	438
9	Shaftesbury Barnet Harriers	435
10	Ealing, Southall & Middlesex 'B'	406
11	Enfield & Haringey	395
12	Newham & Essex Beagles	387
13	Royston Crows	177
14	Shaftesbury Barnet Harriers 'B'	144
15	London Heathside	95
16	Woodford Green with Essex Ladies 'B'	88
17	Newham & Essex Beagles 'B'	63
18	St Mary's Richmond 'B'	53
19	Hayes & Harlington	47
20	Thames Valley Harriers	25
21	Enfield & Haringey 'B'	5

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Under 17 Women's Results

1	G	Bell	ESM	U15	15. 30
2	S	Williams	High	U15	15. 36
3	J	Mobed	TVH	U15	15. 49
4	E	O'Brien	SMR	U15	15. 50
5	K	Brown	SMR	U17	15. 52
6	K	Barber	Barn	U15	16. 05
7	G	Miles	SMR	U15	16. 12
8	E	Burkot	Lon H	U17	16. 53
9	L	Saadi	Hill	U17	17. 21
10	R	Pryce	SMR	U17	17. 33
11	K	Bryant	SMR	U15	17. 41
12	C	Cattle	Herts P	U15	17. 46
13	L	Edmunds	SMR	U17	18. 02
14	A	Mingham	SMR	U17	18. 29
15	C	Vizzard	Hill	U15	18. 50
16	J	Nettleton	Hill	U15	19. 05
17	H	Wells	Hill	U15	19. 11
18	E	Harding	SMR	U15	19. 19
19	H	French	ESM	U17	19. 32
20	N	Nigond	SMR	U15	19. 40
21	H	Ashman	High	U17	19. 48
22	K	Ramsden	NEB	U15	19. 57
23	S	Walker	VPH&TH	U15	19. 58
24	N	Shelley	ESM	U15	20. 22
25	J	Thom	TVH	U17	20. 27
26	K	Garcia	NEB	U15	20. 52
27	N	Fage-Bargin	VPH&TH	U15	25. 16

Under 17 Women's Team Result

1	St Mary's Richmond	86
2	St Mary's Richmond 'B'	56
3	Hillingdon	55
4	Ealing, Southall & Middlesex	40
5	Highgate Harriers	33
6	Thames Valley Harriers	28
7	Barnet & District	22
8	London Heathside	20
9	Herts Phoenix	16
10	Newham & Essex Beagles	8
11	Victoria Park & Tower Hamlets	6

Under 17 Women's League Positions

1	St Mary's Richmond	603
2	Ealing, Southall & Middlesex	454
3	St Mary's Richmond 'B'	356
4	Thames Valley Harriers	347
5	Woodford Green with Essex Ladies	343
6	Hillingdon	271
7	Herts Phoenix	270
8	London Heathside	200
9	Enfield & Haringey	190
10	Highgate Harriers	185
11	Newham & Essex Beagles	180
12	Barnet & District	135
13	Ealing, Southall & Middlesex 'B'	94
14	Victoria Park & Tower Hamlets	60
15	Hillingdon 'B'	50
16	Woodford Green with Essex Ladies 'B'	44
17	Shaftesbury Barnet Harriers	43
18	Serpentine RC	32
19	Herts Phoenix 'B'	19
20	Royston Crows	19
21	Newham & Essex Beagles 'B'	8
22	Metropolitan Police AA	3

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Women's Results

1	E	Evans	High	S	23. 38
2	S	Abel	High	S	23 58
3	L	Jackson	WG&EL	V40	24. 12
4	A	McCutcheon	High	V35	24. 22
5	K	Philp	GCR	S	24. 28
6	K	Jenrick	High	V40	24. 34
7	A	Curley	High	V35	24. 39
8	K	Reeves *	Met P	S	24. 41
9	J	Gray	GCR	S	24. 50
10	J	Carritt	High	S	24. 52
11	L	Wynn	Serp	S	24. 53
12	N	de la Salle	Hill	S	24. 56
13	M	Livingstone	GCR	V35	25. 11
14	E	Grant	Hill	S	25. 22
15	R	Clifton	Serp	S	25. 26
16	L	Waterlow	St Alb	S	25. 30
17	D	Kennedy	WG&EL	S	25. 36
18	K	March	Barn	S	25. 41
19	F	Kennedy	ESM	V50	25. 57
20	K	Gundersen	WG&EL	S	26. 05
21	L	McKie	St Alb	V35	26. 10
22	H	Zenner *	Serp	S	26. 16
23	M	Hall	GCR	S	26. 23
24	A	Einarsdottir	Lon FR	V35	26. 29
25	S	Edmunds	Serp	S	26. 37
26	S	McHugh	Met P	S	26. 54
27	L	Cameron	Met P	S	27. 04
28	G	Jubb	St Alb	S	27. 05
29	C	Hale	GCR	V35	27. 13
30	Y	Jones	GCR	V45	27. 23
31	H	Hoyle	Barn	V35	27. 31
32	A	McGuigan	ESM	S	27. 34
33	B	Fernandez	Lon FR	S	27. 37
34	N	Anderson	SB	V35	27. 42
35	S	Fitt	GCR	V40	27. 56
36	J	Wastell	Lon H	V45	28. 03
37	S	Chapman	WG&EL	V40	28. 05
38	L	Walls	St Alb	V45	28. 09
39	A	Palin	Serp	S	28. 11
40	O	Muminova	Lon FR	S	28. 17
41	L	Killip	SMR	V45	28. 19
42	G	Morgan	ESM	V45	28. 24
43	V	Metcalf	Serp	V40	28. 28
44	J	Watt	Lon H	V35	28. 30
45	A	Stach-Kevitz	NEB	V35	28. 32
46	L	Bruce-Burgess	Barn	S	28. 35
47	K	Ward	VPH&TH	S	28. 37
48	J	Thomas	WG&EL	V40	28. 44
49	J	Conn	Serp	V35	28. 49
50	M	Kimura	Morn	V35	28. 50
51	M	Vestlund	Serp	V35	28. 52
52	K	Levene	Lon H	V35	28. 53
53	A	ReeceSaunders	Morn	V50	28. 59
54	H	Smethurst *	Lon FR	V40	29. 08
55	L	Brosnan	Lon FR	V35	29. 10
56	S	Knox	Serp	V35	29. 28
57	N	Cendrowicz	High	V35	29. 33
58	F	Holland	Lon H	V50	29. 37
59	S	Hawkins	Harl RC	S	29. 40
60	V	Bird	GCR	V45	30. 02
61	M	Kiraly	Serp	S	30. 09
62	C	Jones	ESM	V45	30. 12
63	K	Horswood	Met P	V40	30. 17
64	C	Pardoe	GCR	V50	30. 25
65	S	Reddy	Serp	V35	30. 41
66	S	Jackson	Met P	S	30. 43
67	C	Levermore	Serp	S	30. 45
68	J	Allen	GCR	V55	30. 47
69	M	Walsh	ESM	S	30. 56

Women's Team Result

1	Highgate Harriers	564
2	Garden City Runners	485
3	Serpentine RC	439
4	Woodford Green with Essex Ladies	389
5	Metropolitan Police AA	323
6	London Frontrunners	311
7	Ealing, Southall & Middlesex	297
8	St Albans Striders	293
9	London Heathside	259
10	Serpentine RC 'B'	245
11	Barnet & District	217
12	Hillingdon	203
13	Garden City Runners 'B'	173
14	Victoria Park & Tower Hamlets	120
15	Mornington Chasers	98
16	Shaftesbury Barnet Harriers	93
17	Newham & Essex Beagles	77
18	St Mary's Richmond	58
19	Metropolitan Police AA 'B'	46
20	Highgate Harriers 'B'	42
21	Harlow RC	40
22	Woodford Green with Essex Ladies 'B'	14
23	London Frontrunners 'B'	13
24	Enfield & Haringey	1

Women's League Positions

1	Highgate Harriers	2654
2	Garden City Runners	2614
3	Woodford Green with Essex Ladies	2218
4	Serpentine RC	2155
5	Ealing, Southall & Middlesex	1693
6	Metropolitan Police AA	1520
7	London Frontrunners	1492
8	Barnet & District	1416
9	Hillingdon	1377
10	London Heathside	1372
11	Shaftesbury Barnet Harriers	1228
12	Serpentine RC 'B'	1183
13	St Albans Striders	1008
14	Victoria Park & Tower Hamlets	809
15	Garden City Runners 'B'	624
16	Enfield & Haringey	508
17	Mornington Chasers	502
18	Highgate Harriers 'B'	402
19	London Heathside 'B'	312
20	Herts Phoenix	308
21	Woodford Green with Essex Ladies 'B'	296
22	Metropolitan Police AA 'B'	292
23	Newham & Essex Beagles	292
24	St Mary's Richmond	224
25	Thames Valley Harriers	171
26	Ealing, Southall & Middlesex 'B'	101
27	Harlow RC	40
28	Hillingdon 'B'	32
29	Barnet & District 'B'	22
30	London Frontrunners 'B'	16
31	Hayes & Harlington	12
32	Mornington Chasers 'B'	10

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70	J	Hazell	Lon H	S	31. 13	Veteran Women's Team Result	
71	I	Peaty	SB	V35	31. 19		
72	E	Mosedale	VPH&TH	S	31. 25	1	Garden City Runners 183
73	J	Gristwood	ESM	V45	31. 37	2	Highgate Harriers 180
74	L	Conway	Hill	V50	31. 39	3	Woodford Green with Essex Ladies 138
75	R	Staff	Lon H	S	31. 43	4	London Heathside 128
76	D	Shephard	NEB	S	31. 45	5	Serpentine RC 123
77	C	Dekker	Lon FR	V35	31. 49	6	Ealing, Southall & Middlesex 122
78	A	Markiewicz	VPH&TH	S	31. 50	7	London Frontrunners 113
79	E	Battson	VPH&TH	V35	31. 52	8	St Albans Striders 87
80	S	McCarthy	WG&EL	V50	31. 58	9	Garden City Runners 'B' 60
81	J	Reid	Met P	V40	32. 06	10	Mornington Chasers 59
82	C	Sacks	Serp	V35	32. 10	11	Shaftesbury Barnet Harriers 59
83	J	Burrows	Met P	S	32. 26	12	Barnet & District 52
84	K	Bradley	Barn	V35	32. 40	13	Serpentine RC 'B' 38
85	A	Wardle	WG&EL	V40	32. 56	14	St Mary's Richmond 38
86	K	Harrington	Lon FR	S	33. 03	15	Newham & Essex Beagles 34
87	F	Higgins	Serp	S	33. 33	16	Metropolitan Police AA 30
88	A	Lapper	Met P	S	33. 36	17	Hillingdon 18
89	S	Pacey	Met P	S	33. 46	18	Victoria Park & Tower Hamlets 12
90	B	Clarke	Met P	S	33. 50	19	Woodford Green with Essex Ladies 'B' 7
91	L	Plumbly	Serp	V50	34. 14	20	Enfield & Haringey 1
92	R	Powell	Serp	V35	34. 19		
93	C	Heemskerck	Hill	V50	34. 28	Veteran Women's League Positions	
94	L	Keltie	Serp	V35	34. 50		
95	A	Cowley	GCR	V55	35. 08	1	Highgate Harriers 795
96	H	Clark	Morn	S	35. 58	2	Garden City Runners 759
97	S	Vaatz	Serp	S	36. 34	3	London Heathside 591
98	C	Read *	E&H	V40	37. 55	4	Ealing, Southall & Middlesex 588
						5	Serpentine RC 548
						6	Woodford Green with Essex Ladies 424
						7	London Frontrunners 346
						8	Barnet & District 297
						9	Shaftesbury Barnet Harriers 286
						10	Mornington Chasers 234
						11	Serpentine RC 'B' 225
						12	London Heathside 'B' 151
						13	St Albans Striders 127
						14	Hillingdon 124
						15	Metropolitan Police AA 105
						16	Garden City Runners 'B' 103
						17	Newham & Essex Beagles 94
						18	St Mary's Richmond 94
						19	Ealing, Southall & Middlesex 'B' 58
						20	Victoria Park & Tower Hamlets 35
						21	Highgate Harriers 'B' 20
						22	Herts Phoenix 13
						23	Enfield & Haringey 8
						24	Woodford Green with Essex Ladies 'B' 7
						25	Thames Valley Harriers 5

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Men's Results

1	O	Edwards	SB	S	25. 41
2	M	Shone	WG&EL	S	26. 15
3	A	Barber	NEB	S	26. 16
4	J	Trapmore	SB	S	26. 18
5	B	Powell	WG&EL	S	26. 19
6	H	Dodwell	High	S	26. 22
7	G	Saqui	High	S	26. 23
8	K	Murphy	WG&EL	S	26. 30
9	S	Collins	E&H	U20	26. 43
10	P	Adams	St Alb	S	27. 01
11	K	Robertson	SB	S	27. 08
12	S	Martyn	High	U20	27. 15
13	C	Smith	TVH	S	27. 19
14	J	Clarke	NEB	S	27. 30
15	D	Brennan	E&H	S	27. 39
16	R	Mann	Hill	U17 Gst	27. 42
17	J	Scott	St Alb	S	27. 44
18	A	Kotsyubka	ESM	S	27. 46
19	H	Torry	Serp	S	27. 50
20	P	Stainer	SB	V40	27. 51
21	N	Mitchell	Lon H	V45	27. 52
22	R	Phillips	Serp	S	27. 53
23	H	Wyber	WG&EL	S	27. 55
24	D	Thompson	Hill	U20	27. 56
25	N	Gold	High	S	27. 56
26	A	Magnall	SB	V40	28. 00
27	P	Lemmon	Lon H	V45	28. 02
28	M	Bateman	Hill	S	28. 06
29	M	Dickinson	GCR	S	28. 13
30	T	Lashmar	VPH&TH	S	28. 14
31	M	Hamer	St Alb	S	28. 15
32	M	Forrest	Lon FR	V40	28. 15
33	M	Robins	GCR	S	28. 20
34	S	Mace	GCR	S	28. 22
35	D	Corner	St Alb	S	28. 28
36	M	Potter	Lon H	V40	28. 29
37	R	Browne	Lon H	V40	28. 30
38	P	Major	WG&EL	V40	28. 32
39	L	Packer	Met P	S	28. 33
40	A	Aitken	High	S	28. 34
41	P	Greaves	Herts P	V40	28. 34
42	I	Cummings	WG&EL	V45	28. 36
43	A	Robbins	Serp	S	28. 38
44	T	Grant	Hill	S	28. 40
45	A	Holt	GCR	V40	28. 41
46	R	McKinlay	High	S	28. 43
47	J	Gold	VPH&TH	S	28. 43
48	S	Barrett	Serp	S	28. 45
49	M	Revier	Hill	U20	28. 46
50	S	Whiting	Lon FR	V40	28. 50
51	A	Reeves	Serp	S	28. 52
52	E	Phillips	Serp	S	28. 55
53	T	Fowler	GCR	V45	28. 56
54	N	Sturge	GCR	S	28. 57
55	A	Baci	E&H	S	28. 59
56	S	Buckle	St Alb	S	29. 00
57	C	Martin	Lon FR	V40	29. 02
58	P	Plaza	St Alb	S	29. 03
59	L	Mangleshot	WG&EL	V40	29. 05
60	W	Gristwood	ESM	V45	29. 05
61	C	Shepherd	WG&EL	S	29. 07
62	T	Lebreton	High	S	29. 07
63	A	Drent	SB	S	29. 11
64	S	Norris	TVH	S	29. 13
65	D	Cox	WG&EL	V50	29. 16
66	B	Judge	GCR	S	29. 18
67	K	Walden	SB	S	29. 21
68	M	Ennion	St Alb	S	29. 22
69	D	Spring	Serp	S	29. 23

Men's Division One Team Result

1	Woodford Green with Essex Ladies	1544
2	Highgate Harriers	1482
3	Shaftesbury Barnet Harriers	1387
4	Serpentine RC	1361
5	Garden City Runners	1281
6	St Albans Striders	1234
7	Hillingdon	1085
8	London Heathside	977
9	Ealing, Southall & Middlesex	949
10	Metropolitan Police AA	888
11	Enfield & Haringey	850
12	Thames Valley Harriers	672
13	Herts Phoenix	555
14	Victoria Park & Tower Hamlets	554
15	Woodford Green with Essex Ladies 'B'	232

Men's Division One League Positions

1	Shaftesbury Barnet Harriers	8076
2	Woodford Green with Essex Ladies	7704
3	Serpentine RC	6839
4	Highgate Harriers	6148
5	Hillingdon	5903
6	Metropolitan Police AA	5798
7	Ealing, Southall & Middlesex	5090
8	London Heathside	4700
9	Garden City Runners	4415
10	St Albans Striders	3947
11	Victoria Park & Tower Hamlets	3434
12	Enfield & Haringey	3419
13	Thames Valley Harriers	3307
14	Herts Phoenix	3180
15	Woodford Green with Essex Ladies 'B'	1894

London City Runner Metropolitan League Race Five at St Albans (hosted by Herts Phoenix) - Saturday 9 February 2008

70	H	Gilham	Herts P	U20	29. 25	Men's Division Two Team Result	
71	P	Wyatt	Met P	S	29. 26		
72	S	Livingstone	GCR	V50	29. 28	1	London Frontrunners 890
73	A	Dodd	ESM	S	29. 30	2	Serpentine RC 'B' 621
74	P	Hayman	Serp	S	29. 33	3	Garden City Runners 'B' 392
75	E	Southam	High	V45	29. 34	4	Barnet & District 344
76	R	Peters	Met P	S	29. 36	5	Newham & Essex Beagles 269
77	B	McCallum	ESM	U20	29. 37	6	Highgate Harriers 'B' 266
78	R	Brown	ESM	V40	29. 39	7	Hillingdon 'B' 259
79	A	Welshman	Lon H	V40	29. 41	8	Harlow RC 238
80	K	Free	Met P	S	29. 42	9	Mornington Chasers 133
81	E	Noble	Serp	V40	29. 43	10	Shaftesbury Barnet Harriers 'B' 107
82	P	Pearce	SB	S	29. 44	11	London Irish 82
83	A	Davidson	High	V45	29. 45	12	St Albans Striders 'B' 69
84	K	Turner	Barn	V45	29. 46	13	Hayes & Harlington 67
85	N	Broadbent	E&H	U20	29. 47	14	Royston Crows 44
86	J	Lowe	High	S	29. 50	15	Metropolitan Police AA 'B' 36
87	R	Tomlinson	ESM	S	29. 55	16	St Mary's Richmond 31
88	A	Chklar	WG&EL	S	29. 57	17	London Frontrunners 'B' 28
89	P	Woodbridge	Met P	S	29. 58	18	Ealing, Southall & Middlesex 'B' 9
90	R	Fowler	E&H	S	30. 00	19	Herts Phoenix 'B' 8
91	P	Williams	Hill	S	30. 02		
92	M	Molloy	WG&EL	V40	30. 04	Men's Division Two League Positions	
93	P	Wetton	TVH	V40	30. 06		
94	R	Rigby	SB	V45	30. 13	1	London Frontrunners 5095
95	B	Robbins	TVH	S	30. 14	2	Serpentine RC 'B' 3902
96	S	Britten	Herts P	S	30. 16	3	Hillingdon 'B' 2227
97	N	Rowe	Met P	V40	30. 23	4	Metropolitan Police AA 'B' 1804
98	P	Crockford	Lon H	V45	30. 24	5	Shaftesbury Barnet Harriers 'B' 1785
99	S	Westlake	Lon FR	S	30. 25	6	Newham & Essex Beagles 1751
100	A	Brown	E&H	V50	30. 26	7	Highgate Harriers 'B' 1598
101	T	Killilea	Lon H	V40	30. 27	8	St Mary's Richmond 910
102	JJ	Quirke	Lon I	V50	30. 28	9	Barnet & District 901
103	S	Wilson	Met P	S	30. 31	10	Harlow RC 898
104	R	Smith	Serp	S	30. 33	11	London Frontrunners 'B' 762
105	P	Leppard	Hill	S	30. 35	12	Mornington Chasers 757
106	A	Miles	Hill	V50	30. 36	13	Ealing, Southall & Middlesex 'B' 623
107	B	Hussain	NEB	U20	30. 38	14	London Heathside 'B' 614
108	L	Benjamin	TVH	V45	30. 41	15	Hayes & Harlington 428
109	D	Burbridge	High	S	30. 44	16	Garden City Runners 'B' 420
110	A	Hibbert	Serp	S	30. 47	17	Royston Crows 253
111	P	Townsend	Herts P	U20	30. 50	18	Herts Phoenix 'B' 189
112	J	Howe	Lon H	S	30. 52	19	Victoria Park & Tower Hamlets 'B' 165
113	P	Cunningham	SB	V40	30. 56	20	London Irish 120
114	J	O'Shea	High	V45	31. 00	21	St Albans Striders 'B' 69
115	D	Bolas	GCR	S	31. 03	22	Thames Valley Harriers 'B' 27
116	I	Cummings	WG&EL	V45	31. 05		
117	G	West	St Alb	S	31. 07		
118	R	Jenkin	Hill	V45	31. 15		
119	D	Digweed	St Alb	S	31. 16		
120	D	Healy	E&H	U20	31. 16		
121	M	Delahunty	ESM	S	31. 21		
122	D	Shortridge	VPH&TH	S	31. 23		
123	S	Claridge	Hill	V45	31. 30		
124	M	Perkins	GCR	S	31. 32		
125	B	Cobb	Serp	V45	31. 33		
126	N	Hughes	GCR	S	31. 34		
127	C	Braybrook	St Alb	V40	31. 35		
128	J	Gillanders	Lon FR	S	31. 36		
129	M	Rowe	Barn	S	31. 38		
130	R	Howells	ESM	V55	31. 39		
131	T	McCarthy	WG&EL	V50	31. 39		
132	T	Gascoigne	High	S	31. 41		
133	C	Cottell *	Lon FR	V45	31. 42		
134	K	Lineham	High	V45	31. 43		
135	S	Plested	ESM	V55	31. 43		
136	J	McGowan	Hill	S	31. 44		
137	L	Lazell	Met P	S	31. 45		
138	S	Bowen	GCR	V40	31. 48		
139	J	Edgar	Serp	S	31. 49		
140	M	Cairns	VPH&TH	V45	31. 51		

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141	D	Newman	Hill	V45	31. 56	Veteran Men's Team Result	
142	B	Walsh	SB	S	31. 59		
143	P	Manly *	ESM	V55	32. 00	1	London Heathside 675
144	R	Rickets	Harl RC	V40	32. 06	2	Woodford Green with Essex Ladies 632
145	S	Hirons	Hill	V40	32. 13	3	London Frontrunners 552
146	R	Pitkethly	VPH&TH	S	32. 15	4	Garden City Runners 524
147	A	Davey	Lon FR	S	32. 16	5	Shaftesbury Barnet Harriers 516
148	P	Doyle	Lon FR	V40	32. 24	6	Ealing, Southall & Middlesex 509
149	D	Shortridge	VPH&TH	S	32. 30	7	Hillingdon 477
150	L	Matthewman	High	U20	32. 31	8	Highgate Harriers 373
151	P	Gallagher	GCR	S	32. 34	9	Herts Phoenix 368
152	A	Wilson	St Alb	S	32. 40	10	Woodford Green with Essex Ladies 'B' 331
153	M	Ponting	TVH	S	32. 42	11	Serpentine RC 324
154	S	McKenzie	Harl RC	V40	32. 43	12	Thames Valley Harriers 305
155	A	Matthews	Met P	S	32. 45	13	Barnet & District 252
156	G	Kennedy	Lon FR	S	32. 49	14	Enfield & Haringey 208
157	J	Nisbet	H&H	V40	32. 49	15	London Heathside 'B' 204
158	R	Casey	GCR	S	32. 51	16	Harlow RC 190
159	D	Smith	Hill	V40	32. 53	17	Hillingdon 'B' 190
160	T	MacDowall	VPH&TH	S	32. 56	18	Metropolitan Police AA 166
161	M	Mack	WG&EL	V40	32. 57	19	St Albans Striders 118
162	J	Williams	Lon FR	S	33. 02	20	Garden City Runners 'B' 103
163	D	Simpson	Serp	V40	33. 02	21	Victoria Park & Tower Hamlets 103
164	R	Bell	TVH	V40	33. 05	22	London Irish 92
165	K	Chung	Morn	S	33. 05	23	Herts Phoenix 'B' 77
166	N	Copas	Serp	S	33. 08	24	Mornington Chasers 77
167	C	Sutherland	SB	S	33. 08	25	Hayes & Harlington 69
168	P	Hill	TVH	S	33. 10	26	Royston Crows 45
169	M	Faughnan	Herts P	V45	33. 14	27	Ealing, Southall & Middlesex 'B' 41
170	A	Smith	WG&EL	S	33. 17	28	St Mary's Richmond 32
171	D	Buckeridge	ESM	V50	33. 19	29	London Frontrunners 'B' 29
172	P	Shelley	SB	V40	33. 28	30	Shaftesbury Barnet Harriers 'B' 21
173	S	Wicks	Lon FR	S	33. 29	31	Newham & Essex Beagles 11
174	J	Sanderson	Serp	S	33. 31		
175	D	Edwards	GCR	V50	33. 34	Veteran Men's League Positions	
176	R	Sharp	Lon FR	V40	33. 39	1	London Heathside 3112
177	S	Nunn	Barn	V40	33. 43	2	Woodford Green with Essex Ladies 2845
178	R	Westaway	Serp	S	33. 45	3	London Frontrunners 2722
179	C	Ball	Serp	S	33. 47	4	Ealing, Southall & Middlesex 2619
180	C	Belotti	Serp	S	33. 48	5	Hillingdon 2593
181	S	Dokic	Hill	V50	33. 50	6	Metropolitan Police AA 2307
182	J	Lynch	Morn	V50	33. 58	7	Highgate Harriers 1971
183	S	Rodgers	Met P	S	34. 02	8	Serpentine RC 1860
184	B	Watson	St Alb	S	34. 04	9	Shaftesbury Barnet Harriers 1824
185	M	Heaney	GCR	V40	34. 06	10	Herts Phoenix 1783
186	J	McGrath	Met P	V40	34. 14	11	Garden City Runners 1707
187	P	Bird	GCR	V45	34. 15	12	Thames Valley Harriers 1551
188	T	Powell	WG&EL	V50	34. 16	13	Hillingdon 'B' 1228
189	R	Kay	Serp	S	34. 20	14	Enfield & Haringey 1211
190	A	Emberson	TVH	V60	34. 24	15	Woodford Green with Essex Ladies 'B' 1199
191	S	Mann	Herts P	V60	34. 27	16	London Heathside 'B' 1159
192	P	Stockings	WG&EL	V45	34. 28	17	Barnet & District 702
193	J	Courtney	Met P	S	34. 29	18	St Albans Striders 694
194	J	Evans	Harl RC	S	34. 32	19	Harlow RC 633
195	R	Foskett	Herts P	V50	34. 34	20	Victoria Park & Tower Hamlets 529
196	S	Doyle	Herts P	V40	34. 39	21	Herts Phoenix 'B' 511
197	D	Birks *	E&H	V40	34. 43	22	St Mary's Richmond 445
198	J	Bignell	Hill	V55	34. 46	23	Ealing, Southall & Middlesex 'B' 405
199	S	Allen	Roys Cr	V40	34. 48	24	Hayes & Harlington 323
200	R	Weston	Lon H	V45	34. 49	25	London Frontrunners 'B' 277
201	V	Wilson	WG&EL	V60	34. 49	26	Mornington Chasers 254
202	S	Allen	Barn	V50	34. 54	27	Garden City Runners 'B' 164
203	J	Lock	Serp	S	34. 55	28	Serpentine RC 'B' 149
204	D	Ashton	VPH&TH	S	34. 56	29	Royston Crows 134
205	P	Williams	Herts P	V40	34. 57	30	London Irish 131
206	N	Stockman	High	S	35. 07	31	Highgate Harriers 'B' 119
207	P	Fromme	Serp	S	35. 15	32	Thames Valley Harriers 'B' 54
208	N	Skipper	Lon H	V50	35. 25	33	Metropolitan Police AA 'B' 27
209	P	Stiles	E&H	V50	35. 33	34	Shaftesbury Barnet Harriers 'B' 21
210	S	Palmer	E&H	S	35. 40	35	Newham & Essex Beagles 17
211	D	Over	Serp	S	35. 44	36	Enfield & Haringey 'B' 11

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212	N	Davis	GCR	S	35. 47
213	T	Collins	Serp	V40	35. 55
214	T	Spanyol	WG&EL	V45	35. 57
215	J	Myall	Hill	V55	35. 57
216	R	Derrick	St Alb	V50	36. 02
217	S	Schneider	Serp	S	36. 14
218	J	Murphy	Barn	S	36. 19
219	I	Hodge	Serp	V45	36. 24
220	M	Murphy	WG&EL	S	36. 26
221	R	Bloom	Herts P	V60	36. 30
222	G	Moran	SMR	V45	36. 34
223	G	French	ESM	V50	36. 42
224	F	Robinson	Barn	V45	36. 47
225	R	Cripps	Serp	S	37. 09
226	N	Yehuda	Lon FR	V50	37. 24
227	S	Keys	E&H	V50	37. 24
228	D	Walton	Lon H	V45	37. 32
229	G	Pugh	Harl RC	V40	37. 38
230	B	Leach	Hill	V60	37. 43
231	J	Kelly	SB	V40	37. 59
232	Not	Declared	St Alb	S	38. 09
233	S	Button	GCR	V50	38. 14
234	M	Wheeler	VPH&TH	V40	38. 27
235	S	Flynn	Harl RC	V40	38. 43
236	R	Devitt	SB	V40	38. 55
237	P	Tsang	VPH&TH	S	38. 59
238	D	Beasley	Herts P	V65	39. 01
239	P	Hainsworth	Met P	S	39. 02
240	M	Smith	GCR	V55	39. 07
241	G	Homewood	Morn	V40	39. 23
242	J	Steed	Herts P	V70	39. 25
243	K	Townson	Lon H	S	39. 40
244	C	Notton	Serp	S	39. 46
245	P	Hope	Met P	V45	40. 02
246	M	Woolf	E&H	S	40. 08
247	P	Sawko	GCR	S	40. 31
248	N	Robinson	Barn	V40	40. 31
249	M	Miller	Hill	V65	40. 40
250	B	Feldman	Hill	V60	40. 48
251	C	Jenkins	NEB	V40	41. 25
252	M	Reibscheid	St Alb	S	41. 38
253	T	Hannah	ESM	V40	41. 58
254	M	Gilham	Herts P	V50	42. 05
255	T	Allen	GCR	V60	42. 30
256	T	Hamilton	Barn	V60	42. 56
257	S	Patterson	Hill	V55	43. 33
258	L	Lovelock	WG&EL	U20	44. 02
259	A	Cathcart	VPH&TH	V40	44. 28
260	B	Harding	Hill	V55	44. 46
261	B	Chapman	Morn	V60	46. 32
262	R	Johnson	Hill	V70	47. 38
263	P	Ruocco	SB	V45	50. 11

Results produced on behalf of the League
by Gavin Collett & Sharon Talbot (Hillingdon AC)
Any queries to gavin.collett@jti.com

NB only information recorded by each club on their
declaration sheet and handed in on the day of the race
can be used to compile these results.
Late notification of information cannot be accepted.

* denotes "Registered Second Claim" athletes

League Secretary

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Watch - call Terry on (020) 8505 6019
Spikes - call Richard on (01707) 376938

Our thanks for this season go to:

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Our five host clubs:
Hillingdon, Woodford Green with Essex Ladies,
Thames Valley Harriers, Ealing, Southall & Middlesex
Herts Phoenix

All the officials, marshalls, course markers,
refreshment providers, etc

Hillingdon AC for providing the results service and website

And our League Secretary, Howard Williams

The Annual General Meeting of the League will take place in
the Crown & Cushion Public House, Westminster Bridge
Road (near Waterloo Station) at 6pm prompt on Tuesday
8 April. Each member club is entitled to representation.

All agenda items should be sent to Howard Williams or
e-mailed to gavin.collett@jti.com asap for circulation